

Upledger Institute Case Study

CranioSacral Therapy - Chronic Neck Pain

By: Vivien Henderson LMT, CST-T

Therapy: Craniosacral Therapy

Date: 9/18/2019

Patient: Male

Age: 68

History Symptoms

- Neck pain radiates to both elbows
- Tooth pain lower right
- Lower back pain

Pertinent Medical History

2009 - Root Canal

2018 - Bursitis left elbow

2018 - Diagnosed with Parkinson's Disease

Evaluation – 9/18/19

Whole body evaluation revealed tight neck muscles and shoulders. Arcing revealed numerous restrictions/energy cysts (ECs). Primary ECs on the Occipital Cranial Base (OCB).

Findings

- Decreased ROM, neck muscles.
- Primary EC OCB.
- Restrictions in the Respiratory, Pelvic and Thoracic Inlet diaphragms.
- Energy Cysts on the Thoracic Inlet and Respiratory diaphragms.

Treatment

Arcing revealed the Primary EC was at the OCB. During Sphenoid decompression, the patient began to experience SomatoEmotional Release. Dialoguing with his Inner Physician was initiated at this time. After asking what was happening, he recalled having tooth pain over 10 years ago which led to a root canal procedure. The patient stated that 6 years later, it began to cause severe nerve pain as if the severed nerve had come back alive. When they went to pull the tooth, it practically broke off. Directional Energy/V-spread was utilized to release the EC's.

Tools Used

- Arcing
- 10-Step Protocol
- CST/SER
- Dialogue

Objective Results

Releasing the Respiratory, Pelvic and Thoracic Inlet diaphragms led to a decrease of lower back pain.
Releasing the Primary EC on the OCB led to a decrease of neck pain radiating to the elbows.
Decompressing the Sphenoid led the patient to release feelings about a painful Orthodontic experience.
Increased ROM of the neck muscles.

Subjective Results

The patient stated that he no longer had tooth pain or radiating neck pain. The patient also stated that he now realizes he no longer needs to carry other people's worries.

Length of sessions - 1 hour

Number of sessions – 1

Cost of therapy prior to CST use – unknown

Cost of CST therapy - \$130.00

Discussion

Cervical pain is not typically treated with Craniosacral Therapy initially, recommended intervention for neck pain is usually Chiropractic care, Physical Therapy, cold and/or heat along with pain management. Where full recovery is not readily attained, Chronic pain problems seem to respond well to a combination of Craniosacral/and related techniques. This case report reflects the benefit from Craniosacral Therapy for relief of chronic cervical pain. Also, this report is not intended to reflect benefits to all individuals but to recommend further case studies, documentation and research into the benefits of Craniosacral Therapy for cervical pain.

References

Upledger, John E., D.O., O.M.M. (1997). *Your Inner Physician and You*. Berkeley, CA: North Atlantic Books

Upledger, John E., D.O., F.A.A.O. (1983). *Craniosacral Therapy*. Seattle, WA: Eastland Press.

Upledger, John E., D.O., O.M.M. (1990). *SomatoEmotional Release and Beyond*. Palm Beach Gardens, FL: UI Publishing, Inc.

Published study retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4894825/>